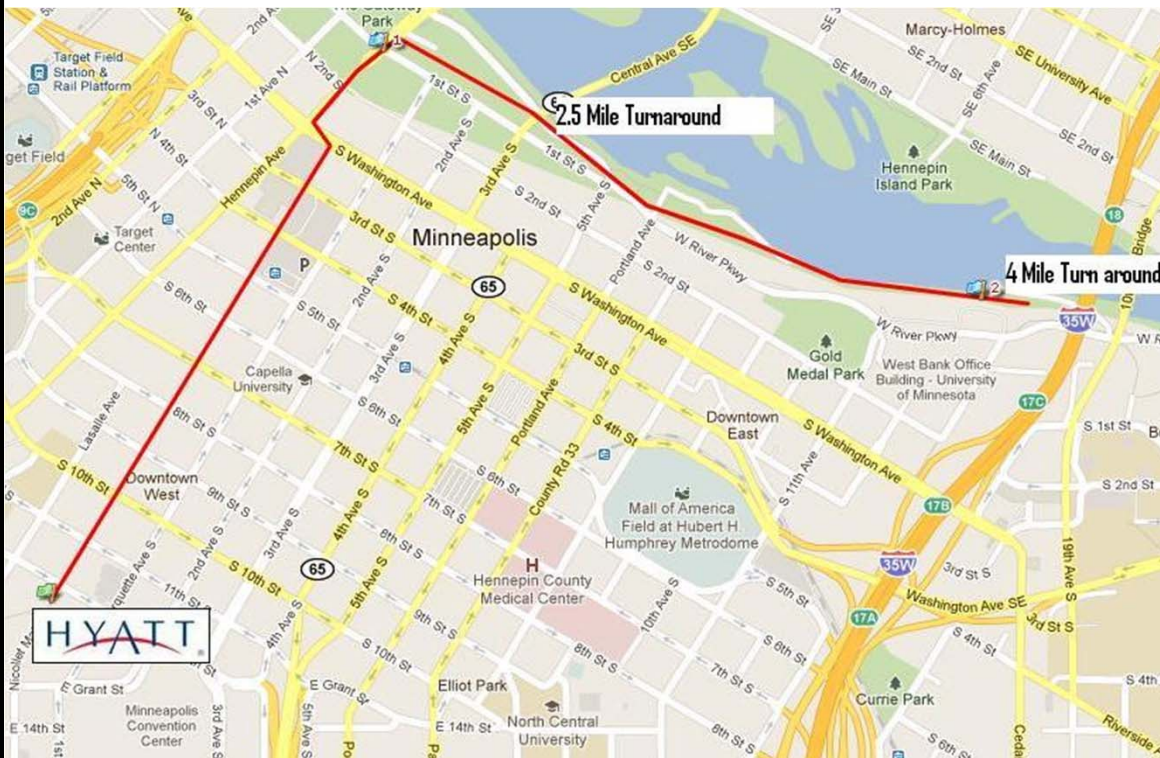




6<sup>TH</sup> ANNUAL  
**WellnessWalk**



**Wednesday, Sept. 25**

7:20 a.m. -- Check In at Nicollet Ballroom Promenade

7:30 a.m. – Walk/Run begins

Participants return to the Nicollet Promenade for refreshments and a 6<sup>th</sup> Annual Wellness Walk t-shirt.

**Route for Wellness Walk**

- Exit Nicollet Ballroom Promenade doors, head **Left** along Nicollet. Continue straight, crossing over Washington Ave.
- **Left** on Washington Ave. Follow ½ block.
- Immediate **Right** on Hennepin Ave. Follow to the River.
- At the Hennepin Ave Bridge, **take the stairway** down to the River front walkway. (Do not cross the bridge).
- Go **Right** on the River pathway.
- **Walkers:** As you cross under the bridge (3<sup>rd</sup> Ave Bridge), you have gone 1.25 miles. **Turn Around** for the 2.5-mile route and follow route back to the Hyatt.
- **Joggers:** Continue following the path past the Mill City Ruins park, Guthrie Theatre (blue building with portraits of writers in the front), to the **illuminated blue pillars** on the left side of the path. *This is the memorial to the victims of the 35-W bridge collapse (2007).* **Turn Around** for the 4-mile route and follow route back to the Hyatt.

Hyatt Regency Minneapolis  
1300 Nicollet Mall • (612) 370-1234